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"Risk comes from not knowing what you're doing.

~ Warren Buffett

Money

"A big part of financial freedom is having your heart and mind free from worry about the what ifs of life." ~ *Suze Orman."*

Canada could lose hundreds of thousands of jobs if CUSMA dies: report

Canada could lose 102,000 jobs if the Canada-U.S.-Mexico agreement on trade breaks down, a new report warns.

The report, prepared for the Canadian American Business Council by Oxford Economics, studied the potential economic consequences of various CUSMA scenarios, including termination of the deal.

The report says the United States would lose 214,000 jobs in 2027 if CUSMA died.

"Many of these jobs would be in manufacturing industries directly impacted by tariffs, but the service sector would also feel the impact as lower disposable income causes households to reduce consumer spending and lower trade, and investment reduces demand for transportation, construction and professional services," says the report.

The successful renegotiation of CUSMA, it says, would create 137,000 American jobs and 98,000 Canadian jobs.

"The status quo is not a neutral baseline," said the report. "Even holding today's tariffs in place slows export growth and keeps unemployment elevated in both countries."

Bea Bruske, president of the Canadian Labour Congress, said in an email that Canadian workers can't be a bargaining chip in a trade war they didn't start.

"There are real jobs on the line, and the government needs to be ready to defend them," she said. "But protecting Canadian workers cannot mean signing a bad deal because Donald Trump threatens to walk away. Canada needs to know what it is fighting for, where the red lines are, and what the plan is to protect workers and communities if the U.S. walks away."

The report says the provinces and states affected most by the loss of CUSMA would include Ontario, Quebec, Manitoba, New Brunswick, Michigan, Indiana, Washington and Iowa.

For Canada, the industries facing the deepest impacts from the loss of CUSMA would include autos, metals, machinery, electronics, chemicals, wood products and paper products, the report says.

"The economic consequences are real, and we should go into any negotiation with eyes wide open," Beth Burke, CEO of the Canadian American Business Council, said in an interview Tuesday.

The report said a successful renegotiation of the deal would be worth approximately $516 per U.S. household and $846 in Canadian dollars per Canadian household each year.

“That’s not insignificant, especially in a time where affordability is pinching everyone,” she said.

A new round of 50 per cent American tariffs on a range of Canadian goods is set to take effect on Aug. 19.

Unlike most of U.S President Donald Trump’s other tariffs, these would have no exemptions for goods that comply with CUSMA.

Canada-U.S. Trade Minister Dominic LeBlanc and Janice Charette, Canada’s chief trade negotiator, are back in Washington this week for another round of trade talks.

LeBlanc said on social media recently that they met with United States Trade Representative Jamieson Greer.

“Discussions remain ongoing, and we continue to engage at the negotiation table to firmly advance and defend Canadian interests,” he said.

LeBlanc’s spokesman Gabriel Brunet said talks have broadly covered the threatened new duties, existing sectoral tariffs and renegotiations of CUSMA.

Burke said she’s “very cautiously optimistic” as officials continue to meet.

“Every time they get together and hash out and have more meaningful substantive conversations is another step towards getting to the right place on an agreement,” she said.

The report says an estimated 1.4 million American jobs and 2.5 million Canadian jobs depend on the bilateral trade relationship.

“Reversing this integration would not merely remove its direct benefits but would also impose substantial transition costs on businesses forced to rebuild intricate supply chains created over decades and incur long-run efficiency losses,” it says.

Julian Karaguesian, a lecturer at McGill University and former special adviser at Finance Canada, said the most likely scenario is that tariffs are maintained.

He added that while Canada’s trade with the U.S. is down, it’s trade with non-U.S. countries is increasing.

The Liberals have set a goal of doubling non-U.S. exports over the next decade.

The government’s spring economic update said non-U.S. goods and services exports increased by $33 billion in 2025 over 2024.

Samantha Lafleur, a spokesperson for Global Affairs Canada, said in an email last month that in the first quarter of this year, non-U.S. exports of goods and services were worth $96.2 billion.

The report says current tariffs represent a “significant departure” from pre-2025 levels.

"However, the termination of (CUSMA) would result in large increases in both countries' tariffs," the report warns.

"A successful renegotiation of (CUSMA) would cause bilateral tariffs to fall close to their pre-2025 levels of around one per cent, as in this scenario only limited additional tariffs are assumed to remain on steel, aluminum and Canadian dairy."

Canada adds 75,000 new jobs in July, unemployment rate lowest in 2 years

Canada added 75,000 jobs in July, up 0.4 per cent, as the unemployment rate fell to 6.4 per cent, its lowest level in two years.

Statistics Canada's labour force survey released last week said most of those gains were split between full- and part-time work, as wholesale and retail trade alone added 21,000 new jobs.

The agency says employment rose for people aged 25 to 54, and mostly for women in that age group.

The unemployment rate held steady at 5.8 per cent for men aged 25 to 54, Statistics Canada says, while falling 5.2 per cent for women in that cohort.

Ontario added the most jobs of any province in July, with 52,000, or an increase of 0.6 per cent, mostly in the professional, scientific and technical services sector. British Columbia had a similar increase, with 18,000 new jobs.

Manitoba's employment rate rose 0.8 per cent, adding 5,900 new jobs, while Nova Scotia's increased 0.8 per cent, thanks to 4,600 jobs.

Statistics Canada said the country is up 181,000 jobs since April, and 196,000 from a year ago.

July's employment rate boost follows on good jobs news in May and June.

"Three straight months moving in the right direction is exactly how turning points begin," Laura Ulrich, director of economic research at the recruitment firm Indeed, said in a statement.

"And if the breadth we saw in July holds into the fall, stabilization could quietly become the momentum Canada has been waiting for."

The hike in job numbers was "well above" forecasts, says CIBC senior economist Andrew Grantham, adding it's thanks to "brisk hiring" in July.

There was also good news for more young people, he said, with the student summer job market stronger than it's been in the past two years and unemployment for young people, ages 15 to 24, the lowest since early 2024.

The 6.4 per cent overall unemployment rate may be at its lowest level in two years, Grantham said in a statement, but it's still about half a point higher than what it would be if Canada's workforce was at what is considered full employment.

He said that means unemployment is not at a level that "will fuel domestically driven inflation."

BMO chief economist Douglas Porter said Canada's labour force has only grown by less than 8,000 jobs a month or 91,200 people over the past year.
"So, it doesn't take much in the way of job gains to carve down that jobless rate," he said in an email statement.

He also said that positive trends in employment and job finding are offset by average hourly wage increases having "simmered down" to 2.8 per cent year over year, compared to 3.3 per cent in June, making it "the slowest in four years and in line with pre-pandemic trends."

Feds announce $100M program to cover 50% of shipping steel in Canada by rail and water

The federal government is pumping $100 million into Canada's steel industry with a new program that will pay for half the costs of transporting Canadian-made steel by ship or by rail within the country.

Transport Minister Steven MacKinnon made the announcement in Hamilton, where he said the Commodities Sectoral Support Program is a direct response to U.S. tariffs being slapped on Canadian goods.

The U.S. currently has imposed anywhere from 10 to 50 per cent tariffs on Canadian steel, aluminum and copper, and derivative products.

"Hamilton's steel industry is of vital, strategic, national importance, as are the producers in steel industries from all over Canada," MacKinnon said.

"We will defend this industry to the very end, and we will make sure that this industry not only survives but thrives and prospers."

The program will offer rebates to companies for 50 per cent of the cost of transporting certified Canadian-made steel interprovincially.

The program is slated to operate for one year, or until the $100-million funding envelope runs dry, with a single producer eligible for a maximum rebate of $50 million.

Asked what will happen to the program if it runs out of money before the end of its one-year timeline, MacKinnon hinted that an extension may be considered.

"We'll adjust as we go along. This is a lot of money, and we'll see how the take up goes," he said. "But supporting the steel sector in one form or another will be something that we continue to evaluate … so we'll see how this works out."

Conservative Leader Pierre Poilievre, speaking in Quebec, where is campaigning in the upcoming Chicoutimi–Le Fjord byelection, said the best way to help make steel transport more affordable is to extend the current gas and diesel excise tax holiday and to scrap the industrial carbon tax.

"Trump's tariffs are bad enough; Carney's taxes are even worse," he said.

The rebate program is being rolled out as a part of Prime Minister Mark Carney's effort to strengthen the Canadian economy by making it easier and cheaper to ship products within the country.

Ron Bedard, president and CEO of ArcelorMittal Dofasco, one of Canada's largest steel producers, said the program will have a "tremendous" impact on the industry and will reap benefits for every province.

"There are projects going on in every single corner of this country and they will now have lower-cost access to Canadian steel produced across this country," he said.

Jason Card, with the Chamber of Marine Commerce, which represents all marine shipping on the Great Lakes-St. Lawrence Seaway, as well as in the Arctic and on the East Coast, told CBC News he was pleased with the announcement.

"Steel is moved in all forms, for all kinds of purposes," Card said. "Having a blanket program like this to help facilitate the movement of the steel, you're helping the steel industry, you're strengthening supply chains, you're bolstering the national economy. It's a really great initiative."

Explore

“"You know it’s a real ghost town when tumbleweeds have their own neighborhood watch.” ~ *Robert Bly*

Explore five historical ghost towns across Alberta this summer By Nerissa McNaughton

HOT SUMMER GUIDE: Scattered across the Alberta landscape, the remains of forgotten settlements tell the story of the province's early industrial and agricultural history.

Have you ever stood in an empty field and tried to picture the bustling main street that used to be there? Across the Canadian prairies and foothills, scattered remnants of forgotten settlements quietly weather the seasons. We call these places ghost towns.

A ghost town is simply an abandoned village, town, or city. Usually, these settlements sprang up quickly around a single industry, like mining, railway construction, or agriculture. When the resources dried up, the railway rerouted, or severe weather made farming impossible, the residents packed up and left.

Visiting these abandoned places offers a tangible connection to the past. Instead of reading about history in a textbook, you get to walk the same ground as early pioneers, miners, and settlers. You can observe the resilience of nature as it reclaims old foundations, and piece together the forgotten stories of the people who once called these places home.

If you want to step back in time, here are five fascinating ghost towns in Alberta you should check out.

Five Alberta Ghost Towns For Your Summer Adventures

1. Alderson

Originally named Carlstadt, Alderson was a promising railway town in southern Alberta. In the early 1900s, it boasted a hotel, a newspaper, and hundreds of hopeful residents drawn by the promise of fertile farmland.

Unfortunately, Alderson sat in the heart of Palliser's Triangle, an intensely dry region of the prairies. Severe droughts, persistent winds, and devastating fires quickly destroyed the community's agricultural dreams. By the 1930s, the town was largely abandoned. Today, you can barely find traces of the settlement, but the open prairie winds still carry the history of this "starving belt" community.

2. Mountain Park

Tucked away in the Rocky Mountains, Mountain Park offers a breathtaking backdrop for a ghost town. Established in 1911, this community sat at an elevation of nearly 6,000 feet, making it one of the highest towns in Canada at the time.

Mountain Park was built entirely around coal mining. For decades, it was a thriving, tight-knit community with a unique mountain culture. When the demand for coal dropped after World War II and railways switched to diesel fuel, the mine closed in 1950. The town was dismantled shortly after.

Today, the local cemetery remains the most prominent reminder of the tough, resilient people who lived there, lovingly maintained by descendants of the original residents.

3. Tail Creek Town

Before the railways and coal mines defined Alberta's settlement patterns, the buffalo trade ruled the plains. Tail Creek Town was a massive Métis wintering settlement in the 1870s, located near Red Deer.

At its peak, Tail Creek housed over 2,000 people. It was a bustling hub of log cabins where hunters and their families gathered to survive the harsh winters and trade pemmican. However, as the buffalo herds were driven to near extinction by the late 1870s, the hunters had to move on. A prairie fire eventually destroyed the remaining empty cabins.

While no buildings stand today, a small cemetery and historical markers honour the rich Métis heritage of the area.

4. Windfall

The story of Windfall represents the classic boom-and-bust cycle of the energy industry. Located in northern Alberta, this community grew rapidly in the late 1950s after the discovery of a massive sour gas field.

For a brief period, Windfall was a modern, comfortable community built to house the families of gas plant workers. It featured paved streets, a school, and recreation facilities. However, as extraction technology improved and automation increased, the need for a dedicated, on-site town dwindled.

By the late 1980s, the community was entirely decommissioned. Nature quickly reclaimed the area, leaving only empty streets hidden among the trees.

5. Seebe

Nestled along the scenic Bow River, Seebe was a picturesque company town built to support the workers of the nearby hydroelectric dams. For nearly a century, it was an idyllic place to live, featuring stunning mountain views and a tight-knit community atmosphere. Seebe remained active much longer than many other resource towns, officially closing in 2004 when TransAlta decided to phase out the community.

You can learn more about its fascinating history and eventual abandonment through local accounts like the Chaps Cochrane guide to Seebe. While public access is highly restricted today due to private land ownership and safety concerns, the town remains a beloved memory for those who once lived there.

Plan Your Alberta Ghost Town Adventure

Exploring ghost towns in Alberta offers a unique perspective on the province's history. Whether you are walking through the dry prairie dust of Alderson or gazing at the mountain peaks above Mountain Park, these sites remind us of the temporary nature of human settlement.

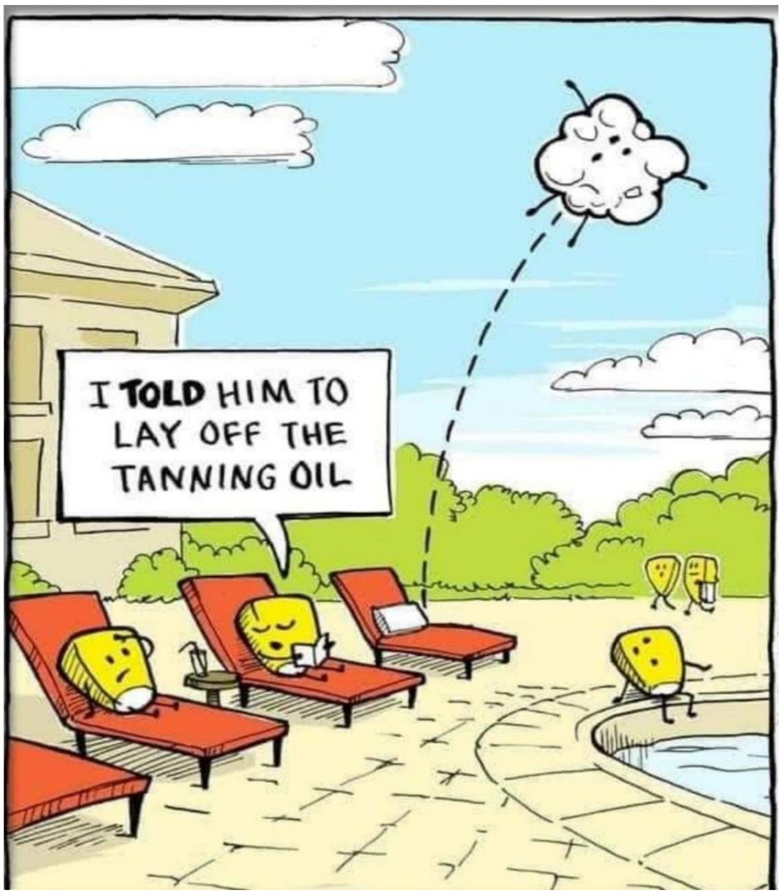
If you decide to visit any historical sites, always remember to tread lightly. Respect private property, obey all posted signs, and leave everything exactly as you found it so future generations can experience these places too.

Grab your map, pack some water, and start planning your road trip into Alberta's forgotten past! Which historic ghost town will you explore first?

This article is republished from *Western Wheel*. To read the original article, visit: Explore five historical ghost towns across Alberta this summer - Okotoks & Foothills News

Wit

"Summer is the annual permission slip to be lazy. To do nothing and have it count for something." ~*Regina Brett*



Food

"Thank you, hard taco shells, for surviving the long journey from factory, to supermarket, to my plate and then breaking the moment, I put something inside you." ~*Jimmy Fallon*

A Labour of Love - By Hogan Short

Every family recipe carries a story, but some become a way of preserving memory, culture and connection.

At Tu Taco, traditional Mexican cooking is served with the same care and generosity that first inspired it.

Tu Taco

The flavours at Tu Taco trace back to Toluca — to family kitchens, late-night street stands and the kind of cooking built on patience and care. Owner Marcela Ezeta brought those memories to Calgary with a menu rooted in tradition, from tortilla soup and slow-cooked meats to scratch-made salsas that reflect the simplicity and depth of regional Mexican cooking. The birria tacos have become the standout, drawing regulars and introducing many Calgarians to a more traditional side of Mexican cuisine.

But the story behind Tu Taco runs deeper than any single dish. After losing both her husband and her son, Ezeta and her daughter Alex have grown the Kensington restaurant into something far beyond its origins, a neighbourhood spot where birthdays are celebrated, traditions are shared, and the food consistently makes people feel like they are in Mexico.

Tu Taco | *1414 Kensington Rd. N.W.* | *403.283.0137* | *tutaco.ca.*

This article is republished from *Savour Calgary*. To read the original article, visit: Tu Taco

Health & Wellness

" Access to basic quality health care is one of the most important domestic issues facing our nation." ~ *Ed Pastor*

Health-care costs for typical Canadian family will reach over $21,000 this year - By Nadeem Esmail, Nathaniel Li and Milagros Palacios

A typical Canadian family of four will pay **$21,115** for public health care insurance in 2026, even though most will never see a bill for medical services. A new study highlights the true cost of Canada's public health care system, often hidden in general taxes rather than visible at the point of care.

Key findings (1997-2026):

- A typical family of four will pay **$21,115** for public health care insurance in 2026.

- Couples without children will pay **$19,225**, while single parents with one child will pay **$6,966**.

- Single Canadians will pay **$6,464** for health care insurance.

- Since 1997, the cost of public health care insurance for the average Canadian family has risen **2.3 times** faster than the cost of food.

This data reveals a critical truth: the sustainability of Canada's public health care system depends on transparency, accountability, and an honest conversation about its true costs.

The Price of Public Health Care Insurance, 2026

- Canadians often misunderstand the true cost of our public health care system. This occurs partly because Canadians do not incur direct expenses for their use of health care, and partly because Canadians cannot readily determine the value of their contribution to public health care insurance.
- In 2026, preliminary estimates suggest the average payment for public health care insurance ranges from $6,464 to $21,115 for six common Canadian family types, depending on the type of family.
- Between 1997 and 2026, the cost of public health care insurance for the average Canadian family increased 2.3 times as fast as the cost of food, 1.7 times as fast as the average income, and 1.5 times as fast as the cost of shelter. It also increased much more rapidly than the average cost of clothing, which has fallen in recent years.
- The 10 percent of Canadian families with the lowest incomes will pay an average of about $637 for public health care insurance in 2026. The 10 percent of Canadian families who earn an average income of $88,572 will pay an average of $8,644 for public health care insurance, and the families among the top 10 percent of income earners in Canada will pay $66,350.
- The Price of Public Health Care Insurance, 2026

Read the full study The Price of Public Health Care Insurance, and share it with your friends and family

This article is republished from *Fraser Institute*. To read the original article, visit: . The Price of Public Health Care Insurance

RBC Wealth Management
Dominion Securities

Partaker Wealth Management of RBC Dominion Securities Inc
403.266.9647 Suite 300, 11012 Macleod Trail SE Calgary, AB T2J 6A5

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Partaker Wealth Management of RBC Dominion Securities Inc
403.266.9647 Suite 300, 11012 Macleod Trail SE Calgary, AB T2J 6A5